

MEALS	MENU ITEMS								
BREAKFAST	1 Wonderslim Meal Replacement 1 Dairy serving OR 1 Fruit Serving								
MORNING SNACK	1 Wonderslim Meal Replacement 1 Fruit serving								
LUNCH	1 Wonderslim Lite Entree OR 1 Wonderslim Soup 2 Vegetable servings; 1 Starch serving								
AFTERNOON SNACK	1 Wonderslim Bar OR 1 Wonderslim Snack								
DINNER	1 Protein serving; 2 Vegetable servings; 1 Optional serving								
DESSERT	1 Wonderslim Meal Replacement								
TYPICAL DAILY TOTALS*	<table border="1"> <thead> <tr> <th>Calories</th> <th>Protein (39%)</th> <th>Carbohydrates (42-45%)</th> <th>Fat (16-20%)</th> </tr> </thead> <tbody> <tr> <td>1000-1200</td> <td>100g-122g</td> <td>117g-132g</td> <td>19g-28g</td> </tr> </tbody> </table>	Calories	Protein (39%)	Carbohydrates (42-45%)	Fat (16-20%)	1000-1200	100g-122g	117g-132g	19g-28g
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* For a 1200 calorie plan add 1 dairy, 1 fruit and 1 optional serving.

You may also use spices, artificial sweeteners, stevia extract, vinegar, lemon juice, mustard, horseradish, sugar free gelatin as desired.

Meal Plan Instructions:

- Do not skip meals! Be sure to eat ALL of the Wonderslim Meals and Grocery Foods listed on your plan. This ensures that you get a robust nutritional intake to support lean muscle mass and curb your hunger.
- Use the Wonderslim Selection List to organize and plan your Wonderslim meals.
- Use the Grocery Selection List as a guide for all other meals on your plan. Bring it with you on shopping trips!
- Hydrate! Drink at least 8 cups of water a day.
- Bake, poach, grill, roast or broil. No Frying!
- Expect to NOT be perfect. Unplanned eating, lapses, real life - it happens to everyone.

Example Day - Women's

1 Wonderslim Vanilla MEAL Shake w/ 1 cup Strawberries	Breakfast
1 Wonderslim Strawberry Meal Shake w/ 3/4 cup Pineapple	Snack
1 Wonderslim Chicken Noodle Soup, 1 cup steamed broccoli, 3oz. Baked sweet potato	Lunch
1 bag of Wonderslim Cheddar Crunchers	Snack
4 oz. Chicken breast, 1/2 cup cooked onions, 1/2 cup cooked mushrooms, 1 tbsp reduced fat margarine	Dinner
1 Wonderslim Cocomint Meal Shake	Dessert
	Water*
	Exercise

Consult with your physician before you begin and maintain contact throughout your progress.
Use the Food & Activity Diary to keep track of everything you eat, drink & do each day.